

## MOUNTAIN BIKE

- Out of transition (start/finish)
- Straight up POHATUROA RD
- RIGHT onto TAHI
- LEFT onto BAKERS HOLLOW
- RIGHT into TAHI,
- LEFT onto POHATUROA RD,
- Down this road back to  
TRANSITION...

AND onto your final

**RUN** around the field

## RATS KIDS COURSE



podium  
PODIATRY & FOOTWEAR

## PODIUM WINTER DUATHLON

1.5 KM RUN - 2.5 KM MOUNTAIN BIKE - 400 M RUN

